

# Quick and Easy Baked Potato Salad

**Prep time:** 15 minutes

**Cook time:** 10 minutes

**Makes:** 4 Servings

If you love baked potatoes but associate them primarily with the colder winter months, this Baked Potato Salad will fill that void come summer. With reduced-fat cheddar cheese, chives and real bacon, you'll feel like you're eating a traditional baked potato in a dish that's just slightly more summer picnic-friendly. The best part? There's no need to fire up the oven when you have a microwave handy! If requiring a gluten-free recipe, check the label of the indicated (\*) recipe ingredients to ensure they are gluten-free.

## Ingredients

**1 1/2 pounds** red potatoes  
**1 cup** non-fat plain yogurt  
**1/3 cup** minced onion  
**1/2 cup** shredded reduced fat cheddar cheese  
**4 tablespoons** snipped fresh chives  
**3 tablespoons** real bacon bits or pieces  
**1/4 teaspoon** salt  
 Freshly ground pepper to taste  
 chopped fresh parsley (optional)

## Directions

1. Place whole potatoes (do not poke) into microwave-safe dish.
2. Cover dish. (If covering dish with plastic wrap, poke



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	4 g	6%
Protein	11 g	
Carbohydrates	34 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	360 mg	15%

## MyPlate Food Groups

Vegetables	1 1/2 cups
Dairy	3/4 cup

small hole in plastic).

3. Microwave on high for 10 to 12 minutes depending on strength of microwave.

4. Use oven mitts or a towel to remove dish from microwave; carefully remove cover from dish due to steam build up and let cool.

5. Cut potatoes into bite-sized pieces and place in a large bowl with remaining ingredients; stir and mix well.

## Notes

This salad may be served right away, but is best if refrigerated for at least one hour to allow flavors to blend.

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